

FREE!

Nutrition Counseling

The Registered Dietitian's of the Office of Nutrition and Physical Activity will be doing FREE nutrition counseling for all Department of Public Health employees!

Interested in learning about:

- ◆ Weight loss and/or weight management
- ◆ Healthy meal planning
- ◆ Questions on alternative eating plans (vegetarian, vegan, etc)
- ◆ Eating on the go
- ◆ Food tips
- ◆ And MORE...



Here is how to sign up!

Follow the steps shown for using **SharePoint**

1. Enter this address into the URL:
<http://moss.maricopa.gov/dept/ph/default.aspx>
2. On the left side, click "Nutrition Counseling"
3. Then click on "NNM Counseling"
4. Finally, click on "edit document" and you can write your name down in the available cell.

If you would like a 1 hour timeslot, then please put your name down for both so it will be reserved for you. ***Must seek permission from your direct supervisors and do this only during breaks, vacation time, or after hours in order to comply with county policy.***

Any questions about **SharePoint**, you can contact Angela Guido:
AngelaGuido@mail.maricopa.gov

Questions about the sign-up sheet, contact Christian Payán:
ChristianPayan@mail.maricopa.gov

